$\ensuremath{\text{I'm}}$ not for censorship but $\ensuremath{\text{I'm}}$ not for having to constantly flip through channels

because of all the garbage being shown either and I have no choice but to momentarily expose my children's mind and my own mind to sex and violence on tv as I flip through the channels to find something appropriate. Once it's seen it's

in your mind. My children and I only watch about 8-10 channels as it is and people pay too high of rates not to have choices instead of being forced to scan through sex, violence, garbage to find something decent to watch.